

Appendix C

Minimum Principles of Training Guidelines

Summary of Flexibility Training Guidelines

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| Frequency | At least 3 times per week |
| Intensity | Controlled stretch until mild tension is felt |
| Time | Static: Hold each stretch 15–30 seconds. Dynamic: 10 to 20 repetitions and 1 to 3 sets |

Summary of Cardiovascular Endurance Training Guidelines

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|-----------|---|
| Frequency | At least 3 times per week |
| Intensity | 60–90% maximum heart rate 50–85% maximum heart rate reserve |
| Time | Minimum of 20 minutes of continuous large muscle group activity |

Summary of Muscular Fitness Training Guidelines

Muscular Endurance

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|-----------|---|
| Frequency | Every other day for each muscle group |
| Intensity | Low resistance (30–50%, 1 RM) |
| Time | High repetitions (12 to 20 reps, 1 to 3 sets) |

Muscular Strength

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|-----------|--|
| Frequency | Every other day for each muscle group |
| Intensity | Heavy weights (60–90%, 1 RM) |
| Time | Low repetitions (4 to 8 reps, 1 to 3 sets) |